

Atlantic Crossroads

Vol. 11, No. 35 • September 1, 2006 | Lajes Field, Azores, Portugal | In the Fight!



School-age program

Jeremiah Hodges and Jake Jenkins from the school-age program work in the science area of the youth center. The Lajes School Age Program provides care for children ages 5-12 from 7 to 8 a.m. and 2:30 to 5:30 p.m. weekdays. See more on page 7. (Courtesy photo)

Tops in Blue

*Performance 6 p.m.
Sunday at TTU*

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Portuguese attorney

*Attorney here to help
with Portuguese laws*

Page 3

Weekend weather

*Saturday
Partly cloudy*

*High 79
Low 99*



*Sunday
Mostly cloudy*

*High 82
Low 70*





Commentary: Sweat the small stuff

By Maj. Kevin Walker
736th Security Forces Squadron
commander

ANDERSEN AIR FORCE BASE, Guam (AFPN) — Undoubtedly, some time in our life we have all been told, "Don't sweat the small stuff."

But instead, I would argue to say, "Sweat the small stuff." It's the small stuff that is going to set you apart. More on that in a minute.

We all raised our right hand and volunteered to become part of this great Air Force for various reasons.

Some may have entered to serve the country, some to pay for college, and some may have entered out of a sense of patriotism following Sept. 11, 2001.

No matter what our reasons, the overwhelming majority of today's Airmen care a great deal about the Air Force and are passionate about their job and career field. With that passion comes the drive to excel and the pride that is felt from a job well done.

But for some reason, many people don't let that passion or pride drive them all the way through their objective.

Many people have their eyes set on large targets but end up missing the small ones. While large targets are important, it's the small ones that can add up.

I had a commander once tell me the difference between a good unit and a great unit is the attention to detail. He couldn't have been more right.

Think of it like this. You have moved to a new assignment. Upon your arrival, you may have had someone meet you at the airport. They may have had a vehicle waiting for you, and they may have even driven you to your hotel or on-base lodging.

While there is nothing wrong with that welcome, some attention to the

small details would really have made an impact.

Suppose that same sponsor met you at the airport with a welcome package, knew not only your name, but the name of your family members and pets, took you to pick up your rental car, gave you a quick tour of the surrounding area, drove you to your room, and even had some kind of food and drinks waiting for you in your room.

Those are the little details that delineate a good sponsor program with a great sponsor program. Just those little details tell a newly arrived Airman that the unit they are now assigned to is squared away and ready for them.

One more example could be your unit's physical training program.

Suppose your unit's PT program is conducted on Monday, Wednesday and Friday. Stretching is left up to each individual, the run can be however far or fast everyone would like, and then after the run everyone gets back together for cool-down stretches.

Now consider that same program where the unit fell into formation for stretches, everyone was in the Air Force PT uniform, everyone participated in calisthenics, an organized run was conducted for a known distance or pace, everyone conducted cool-down stretches together, and then pass-ons and orders of the day were issued.

While they are both effective PT programs, those little details easily set apart the good PT program from the great PT program. As good programs turn into great programs, the standard will be set.

The next thing you know, the squadron on a whole has transformed from a good squadron to a great squadron.

To put this all in perspective, small things not only can set a good unit

apart from a great unit, they can save lives.

The attention to detail that comes with "sweating the small stuff" will help maintainers ensure all the tools are properly secured before the aircraft engines turn, they will help engineers ensure the electrical box is locked out before wires are cut, they will help trainers ensure the latest information is taught to teams deploying down range. The list can go on and on.

Practicing, demanding and enforcing attention to detail does not mean you are obsessive-compulsive; it means you care about your job and your Airmen. It means you have the passion and pride not only to do what is right, but to go that extra mile and make sure your task, unit, wing and Air Force are as squared away as they can possibly be.

Sweat the small stuff, and the small stuff will set you apart.

Commander's Line

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option for praise or problems—but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.

- Col. Robert Winston
65th Air Base Wing
commander

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Tops in Blue performs Sunday at TTU

What's Love? Now, that's a good question...

Like poet and author Diane Ackerman says, "Everyone admits that love is wonderful and necessary, yet no one agrees on just what it is." It's a feeling, an emotion ... Some think that love rushes in with bells, fireworks, hearts and flowers. However, Erich Segal, the author of *Love Story*, advises caution. He warns: "True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked." But there is so much more to it than the initial excitement that comes with falling in love. There is a deeper, more lasting love that grows between two people as they share their lives together. There may not be a more intense love than that which a parent has for their child. For many, love of

God is most important. And as we all know, you can love America-love it so much that you are willing to lay down your life to defend it and the freedom for which it stands.

Even hearing the word "love" often evokes fond memories-some more recent, and others in the distant past. Remember the longing you felt with your first crush, and the thrill of anticipating your first kiss? Perhaps you fondly recall your wedding day, and all those little romantic moments that occurred as your love grew over time. Parents, remember that day when you first held your newborn baby in your arms? Did you ever think it was possible to feel so much love as you did at that moment? Think about the love you feel for your family, your friends,

even the feelings you have for a treasured pet. These are some of the many facets of love that Tops in Blue will explore during its 2006 production, "What's Love?"

The 2006 edition of Tops in Blue continues its long-standing tradition of "family entertaining family" by showing us the power of love through music and dance. You'll hear the electrifying sounds of Tina Turner and Huey Lewis, the soul of Barry White and the Temptations, and the All-American country music of Trisha Yearwood and Alan Jackson. Of course, no show about love would be complete without tender ballads by artists like Celine Dion, Rod Stewart, and Kelly Clarkson. Combine all that with the dazzling lights, costumes and precision choreography for which Tops in Blue is known worldwide, and you can look forward to a show that's sure to please everyone.

So come join us on board the "Love Train," as the Air Force's Expeditionary Entertainers show us the power of love. We look forward to seeing you at one of our shows, and you can be sure that by the time Tops in Blue is finished, we'll all be able to answer the question: "What's Love?"

Good to Know

The Tops in Blue performance is 6 p.m. Sunday at the TTU. Gates open at 5 p.m. It is open to everyone. Guests should bring chairs or blankets. Food and drinks will be for sale before showtime.

A shuttle will be available from the commissary to the TTU from 5 to 5:50 p.m. There will be return services after the show.

For more information, call Rudy Wallace at 535-4135.

A actuação dos Top in Blue terá lugar domingo pelas 18H00 no porto militar da Praia da Vitória (TTU). Os portões abrem às 17H00. O concerto é grátis e aberto a toda a gente; os convidados, incluindo, cidadãos portugueses, podem trazer cadeiras ou cobertores. Serão vendidas comidas e bebidas antes do espectáculo.

Haverá um serviço de autocarros entre o parque de estacionamento do Comissário e o TTU das 17H00 às 17H50. Os autocarros farão o transporte de retorno logo após o espectáculo.

Para mais informações chamar Rudy Wallace pelo telefone 295-574-135.

Tops In Blue AF Worldwide Talent Competition Audition Kit

To accomplish our goal of being the premiere entertainment showcase of the Air Force, we need dedicated, motivated and dynamic military members. Each year we challenge the men and women of Tops In Blue to go the distance of 11-month tour performing more than 125 shows in 25 countries around the world. Can you meet the challenge? It's time to apply!

Stop by the Community Center in Bldg. T-307 and pick up your audition kit. Deadline for submitting applications is Oct. 2. The actual competition will be held at Lackland Air Force Base, Nov. 5-13.

For more information, call Rudy Wallace or Marco Rocha at 535-4135/5216

Meet the New Portuguese Attorney

Full name: Nuno Rebelo De Lemos
Hometown: Angra do Heroismo

How long have you been practicing? I've been practicing for 7 years.

Experience: I started in Coimbra, Portugal and then moved to my hometown 5 years ago.

Hobbies: traveling, traveling and traveling!

What's the most rewarding part of being an attorney? The challenge of finding solutions to problems

What do you look forward to most during your time here? Doing a good job, providing good counseling

and legal assistance regarding the Portuguese legal system, assuring the Portuguese legal system is as clear to Americans at Lajes as the American legal system.

Mission: To help anyone at Lajes with an issue related to Portuguese Law.

Sr. Lemos recommends anyone who is in the process of hiring a Portuguese employee see him first, even if they have a copy of the current contract provided by the legal office. He is here to provide service and inform Lajes personnel and their families on Portuguese Law.



Nuno Rebelo De Lemos



The Enlisted Perspective

By CMSAF Rodney J. McKinley

28 AUG 06

Promotion to our top two enlisted ranks brings both honor and responsibility. Having the right people to lead our force is more important than ever as we continue to fight the Global War on Terror. One on-going and important concern for our Senior NCOs today is senior rater endorsement criteria and stratification on Enlisted Performance Reports.

We recently convened an Enlisted Evaluation System Integrated Process Team to evaluate these issues and recommend changes. The results of the IPT were briefed and coordinated, and recently, the Deputy Chief of Staff for Manpower and Personnel announced policy changes establishing criteria for both senior rater endorsement and stratification.

The new policy requires completion of a Community College of the Air Force degree and Senior NCO Academy (either by correspondence or in-residence) for senior rater endorsement consideration. This new criteria formalizes across the Air Force what was already an on-going requirement at most locations and ensures differentiation of Senior NCOs who have completed the expected development and education to perform at the SMSgt and CMSgt levels. For SMSgts, this change will be effective with EPRs closing out after 1 Aug 07 and for MSgts it will be 1 Oct 07. These dates provide ample time for Senior NCOs to complete the requirements to be eligible for a senior rater endorsement.

Stratification comments are another area of concern in our EPRs. While these comments are not new, in recent years they have taken on a life of their own. Well-meaning supervisors, command chief master sergeants and commanders have devised literally hundreds of ways to stratify as many Senior NCOs as possible. Unfortunately, they have become overused, vague and subjective. Additionally, time-consuming stratification tracking systems are being used at many locations. Stratification is now perceived to be a prerequisite for promotion for Senior NCOs. Stratification statements can be a valuable tool for commanders to highlight truly exceptional performers. However, these statements must be the exception and not the rule. We can better serve our Airmen by including well-written performance-based comments.

To ensure continued effective use of stratification statements in EPRs, stratification statements will only be allowed on EPRs for those who are time-in-grade eligible for senior rater endorsement. The policy further states, if used, they will be written in quantitative terms, such as "number 1 of 178 master sergeants in the wing." Subjective, percentage or functionally-based comments will no longer be allowed. The bottom line is less stratification is better. However, this doesn't restrict the rater from crafting strong impact and result bullets that send a clear message of the person's talents.

The last change in this new policy is the prohibition of stratification statements in CMSgt reports. In its place, raters and evaluators are encouraged to include job recommendations. This modification will improve CMSgt reports and provide hiring authorities with important information on future assignment consideration.

I am confident these changes will improve the quality of performance reports for all enlisted Airmen. Our ultimate goal is to ensure the right Airmen are selected at the right time to assume our top enlisted leadership positions.



Rodney J. McKinley
RODNEY J. MCKINLEY

Warning tickets help prevent crime

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Some housing residents may be surprised to see a new slip issued by members of the 65th Security Forces Squadron.

"At first I was somewhat taken aback, as I thought we had received some sort of citation," said Sarah Helbig.

The slips, however, are merely a warning to primarily protect residents as part of a community policing program.

"Take it for what it is," said SFS Commander, Maj. John Griffiths, "a warning."

The warnings focus on risk of theft and on safety violations.

Housing residents who leave their vehicle unsecured, high value items left unsecured in a vehicle, government items in plain view, or housing items left unattended may receive a yellow slip or Operation Overwatch Warning to indicate the high risk of theft associated with these actions.

"The purpose is to remind people of things that make them a victim," explained Master Sgt. Guy Dashnea, 65th SFS Training and Resources superintendent.

"We're not doing it to get people in trouble," stressed Staff Sgt. Joshua White, A-Flight chief. "It's there to help them."

In August, larceny was twice as bad as July and three times as bad as April, May and June, according to Senior Airman McKinzie Nash, 65th SFS Reports and Analysis.

"I appreciate the fact that Security Forces is patrolling housing in the middle of the night in an effort to help us protect our property," said Mrs. Helbig.

The safety violations, on the other hand, are things residents could get in trouble for. They include being illegally parked, not wearing proper safety gear, or having an animal off its leash or with excessive barking.

Residents could receive a citation for being illegally parked and get points on their record, ultimately affecting their driving privileges on base.

The SFS uses the Operation Overwatch program to bring it to their attention before it reaches that level. The same is true for animals. If a patrolman gives a housing resident a warning for a barking dog, in a sense, it's a freebie. If someone else complains about excessive dog barking, it's an incident for a citation because there has been an official complaint.

The men and women of security forces are committed to helping reduce crime and keep residents safe by issuing warning tickets, but it starts with the residents.

"Keep yourself from being a victim," said Airman Nash.

It's as simple as not leaving valuable items in plain view and securing items.

"If you have high-value items, put them in a safe," suggested Sergeant White.

Other precautions include storing a lawn mower, securing a hose or putting a grill away after use. Grills may be stored in the outdoor storage in Beria Mar housing. Charcoal grills must be cool before putting in the garage in Nascor do Sol housing. Gas grills may only be stored in the garage if the propane tank is removed, according to Senior Airman James Mullis, fire prevention.

Residents don't have to take any action with their supervisors or first sergeants if they receive a warning, but Security Forces personnel urge members to take action and protect themselves from becoming a victim to theft or receiving a more serious violation.

Receiving a yellow warning slip isn't punishable. But residents have been urged to heed the warning. More than 30 warning slips have been handed out during one shift, said Sergeant White.

"It's a 'don't do it again' type of warning," stressed Sergeant Dashnea. "It let's

OPERATION OVERWATCH WARNING



Hello,

While on patrol, I noticed a condition which may result as a safety violation* or threat to your property**. For safety violations, actions could be taken against you. Furthermore, persons with unlawful intent often look for inviting conditions when they select a target for their crime. I have provided the following information in order to help you correct the situation and avoid any further notices. If you have any questions please feel free to contact the Security Defense Coordination Center at DSN: 535-3222 or Commercial: 295-57-3222.

Patrolman: _____

Date: _____ Time: _____

Location: _____

1. *Animal off leash or secured improperly
LFI 31-2, 2.6.8 - 2.6.8.2
2. *Illegally parked
LFI 31-6, 4.4 - 4.4.4.19 & A1.22.1-22.14
3. *Misuse of Government Vehicle
LFI 24-101
4. *Not wearing proper (1) Reflective or (2) Head Gear
(1) *LFI 31-6, A1.10 Pedestrians, A1.11.7 Motorcycles & A1.12.7 Bicycles*
(2) *LFI 31-6, A1.11.7 Motorcycle & A1.13.1 Bicycle*
5. **Housing items left unattended
6. **High value items left unsecured in vehicle
7. **Vehicle or office left unsecured
8. **Government items left in unsecured

Other/Reference: (List the reference or instruction that covers the violation.) _____

WARNING

65 SFS Form 23, Aug 06

them know they are potential victims."

The hope is the new system will help residents in the early stages before something is stolen and decrease the reports of larceny here.

Change in BAH for Overseas Personnel

RAMSTEIN AIR BASE, Germany — A recent change to United States Code will impact housing allowance for military members arriving overseas. Beginning August 1, the rules for Basic Allowance for Housing no longer allowed a continuation of housing allowance after signing into a new overseas base.

Members will continue to receive Temporary Lodging Allowance to compensate for

costs incurred while occupying billeting. TLA reimburses the expenses incurred while occupying temporary quarters in the form of a daily meal rate and lodging allowance. TLA ends based on a number of factors, to include signing for military family housing, entering into a private sector lease, or lacking an aggressive search for economy quarters.

Under the old rules, members received BAH while occupying temporary quarters,

with rates ranging from \$17-\$43 per day for members with dependents. BAH will no longer apply to temporary quarters.

A member can calculate their daily TLA rate with the TLA calculator located on the U.S. Air Forces in Europe Financial Management webpage at <https://wwwmil.usafe.af.mil/direct/fm/default.htm>.

Once a member enters into a lease agreement, members

are paid Overseas Housing Allowance. OHA is a cost-based reimbursement system, which means that the member is compensated based on the actual rent amount, not to exceed the member's rent ceiling. The ceiling is based on grade, dependency status and geographic location. The OHA start date is the same as the lease effective date. To find the OHA ceiling, visit: <https://secureapp2.hqda.pentagon.mil/perdiem/ohaform.html>.

SFS Blotter

Aug. 24

MAJOR VEHICLE ACCIDENT (Medical Assistance Required):

SUMMARY: A SF member radioed to report a Major Vehicle Accident outside Gate-1 in the round-about. SFs arrived on-scene and made contact the driver who verbally stated she lost control of her vehicle and hit the rock wall on the side of the road. The driver indicated that medical assistance was required for herself due to neck pain and for her passenger who suffered abrasions on her neck caused by the seatbelt. Medical personnel arrived on scene and the passenger was treated and released. The driver was transported for further evaluation.

Aug. 27

THEFT OF PRIVATE PROPERTY/UNSECURE:

SUMMARY: The complainant reported that when he returned home from the movies at approximately 5 p.m., he discovered his water hose and sprinkler had been removed from his back yard and stolen by unknown persons. He further stated that the water hose was twenty-five feet in length, valued at approximately fifteen (15) dollars and the sprinkler was worth approximately ten (10) dollars.

Aug. 27

THEFT OF PRIVATE PROPERTY/UNSECURE:

SUMMARY: The complainant stated that at approximately 5 p.m. his neighbor informed him that his water hose and sprinkler had been stolen and asked if the complainant's had been stolen as well. He checked his back yard to find that his water hose and sprinkler had been stolen. At this time he proceeded to call SFS and further stated that the last time he had seen the water hose and sprinkler was at approximately at 1:30 p.m. when he turned off his sprinkler.

Aug. 28

THEFT OF PRIVATE PROPERTY UNSECURED:

SUMMARY: The complainant telephoned the SDCC to report a theft of his green in color twenty (20) foot garden hose and black round sprinkler from outside his base residence. He stated he noticed his garden hose and sprinkler were missing from his residence. He checked around the house and the local area to locate it however he was unable to find the items.



American Red Cross

American Red Cross here scheduled to close

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Due to the low volume of emergency message traffic, Health and Safety course participants, and number of volunteers in traditional work settings; the National Headquarters of the American Red Cross has decided to close the Lajes office.

Coverage will be transferred to the American Red Cross office in Rota, Spain.

"Because of access to messages online, Rota will be able to send and receive messages regarding our Lajes personnel and will coordinate with the first sergeants and commanders at Lajes," said Virginia Wren, station manager.

The command post will contact selected individuals at no cost to service members or their families, she stressed.

The 65th Services Squadron and the 65th Civil Engineer Squadron may continue to offer Health and Safety Courses through authorized providers. Records for instructors will be kept at the Rota, Spain location.

Volunteers are being contacted regarding whether they want their hours to remain with the American Red Cross or transferred to the Base Volunteer Coordinator at the Airmen & Family Readiness Center.

The office will officially close Sept. 29.

For more information, call 535-3516.



FEATURE

Activities plentiful for Lajes youth

School-age program provides before and after-school care

The Lajes School Age Program provides care for children ages 5-12 from 7 to 8 a.m. and 2:30 to 5:30 p.m. weekdays. They are closed on all federal holidays.

Mission

The mission of the LSAP is to provide a quality before and after school program for the Lajes Field community, which enhances children's social, emotional, cognitive, and physical development through fun and engaging activities, field trips, and guest speakers.

Program

Philosophy

The LSAP incorporates developmentally appropriate practices into our activities with children. It allows children to become enthusiastic learners by asking open-ended questions and encouraging exploration. The belief is that every child is special and they encourage each child to foster their own creativity.

The staff offers group and individual hands-on learning experiences which incorpo-

rate play as an important part of learning. The children are involved in the planning and are given opportunities to interact in different areas such as dramatic play, science, language/literacy, arts and crafts, computers, sports, outdoor play, construction and games, and music. The LSAP promotes positive self-expression, creativity, and independence, as well as emotional, social, physical, and cognitive growth.

The program strives to meet the needs of the military and civilian community by creating an environment that is solid in its philosophy and practice. They provide security and consistency to children who are often affected by the mobile lifestyle of today's expeditionary military. The goal is to satisfy each child's basic need for encouragement, support, love, and sense of belonging.

For details, call Sarah Grayson at 535-3273.



Keagan Jordan and DeVante Williams watch as Amanda Mariglia demonstrates one of the projects in the science area at the youth center. The students are from the school-age program. (Courtesy photo)



Left: Dallas Bowman rides down the ramp at the skate park in Praia.

Below: Kid's Night Out and the Teens Late Night was held at the pool Aug. 25. (Photos by Laura Niswonger)

Youth sports at Lajes

- Soccer: The soccer season begins Sept. 16. today is the last day to sign up.
- Judo clinic: The Judo clinic will take place at the youth center gym from 13-14 September from 5:30-6:30 p.m. Pre-register by Sept. 11. For more information call 535-3273.
- Karate: Karate is offered Tuesday and Thursday from 5:30-6:30 p.m. at the youth center gym and Saturday from 2:30-4:00 p.m. at the Portuguese elementary school in Praia, "Francisco Ornelas da Camara." Cost is \$30 each month. Classes begin Monday. For more information call 535-3273.
- Football: football sign-ups begin Oct. 16. The season begins Nov. 18.
- Cheerleading: Sign-ups begin Oct. 16 for football cheerleaders and season begins Nov. 18.
- Basketball: Basketball sign-ups begin Dec. 11. The season starts Jan. 27.

After hours fun:

- Kid's Night Out every Friday from 7 to 9 p.m. at the Lajes Youth Center. Pre-registration is required for children ages 5-8.
- Special Saturday Activities at the Youth Center from 1 to 4 p.m. for youth members age 5-12.
- Teens Late Night Out every Friday and Saturday from 9 p.m. to midnight at the youth center.



Ask Ed

What historical places or monuments can be visited on Terceira Island?

By Ed Lima
Community Relations Adviser

Terceira Island has several historical sites and monuments that can be visited throughout the year.

Starting in the city of Angra, the first town in the Azores to be raised to the status of city in 1534, and a port of call for the ships plying the oceans during the 15th and 16th centuries, you can visit the *Fortress of St. John the Baptist*.

This military structure is one of the most impressive Portuguese fortresses of the 16th century and features a thick wall approximately 3.7 miles long that surrounds the base of Mount Brazil facing the city of Angra. The Spanish built it during their occupation of the island between 1582 and 1640.

On top of Mount Brazil lies a monument with a Portuguese cross. The monument was erected in 1932 to commemorate the 500th anniversary of the discovery of the Azores by Portuguese navigators. From this monument visitors can enjoy a magnificent view of the city and surrounding towns.

On the other side of Angra bay is the *Fort of São Sebastião*. This small fortress is also known as "Castelino," which means small castle, and was

used by the Portuguese and British forces during World War II. Once the headquarters of the Portuguese Navy on the island, its interior installations were recently renovated and now accommodate a small inn.

On top of the city's park is the "*Memória*" monument, an obelisk built in 1834 to recall the presence of Portuguese King Dom Pedro IV on the island. From this place people have a dazzling view of the entire city of Angra.

Other places to visit in Angra include the *Museum*, which features many old artifacts and military items, the *Town Hall*, and the *Palace of Captain Generals*, a former Jesuit monastery that features a valuable collection of ancient furniture and other works of art. The main *Cathedral* and the *Churches of Colégio, Misericórdia, São Francisco* and *São Gonçalo* display a variety of carved woodwork, glazed tiles, sculptures and panel paintings.

One of the most famous historical places on the island is *Salga Bay*.

This small bay located in the village of Porto Judeu was the site of a famous battle on July 25, 1581 between the Spanish troops who were trying to invade the island and Portuguese forces joined by the local population.

According to history records, the Spanish fleet was defeated when a young woman named Brianda Pereira and a monk, Friar Pedro, thought of a stratagem to defeat the invaders. They gathered more than 1,000 heads of cattle and drove them against the enemy. The Spaniards fell back to the

shore, where almost all of them perished while trying to reach their ships.

Another historical place worth a visit is the *Fort of Santa Catarina* located next to the commercial port in Cabo da Praia. This

old former military structure is the last of several small fortresses and walls that defended Praia bay at one time.

As far as the city of Praia, the *Main Church* with its 15th century Gothic doorway donated by King Manuel I, the *Church of Holy Christ* and the *Town Hall* are also worth a visit.

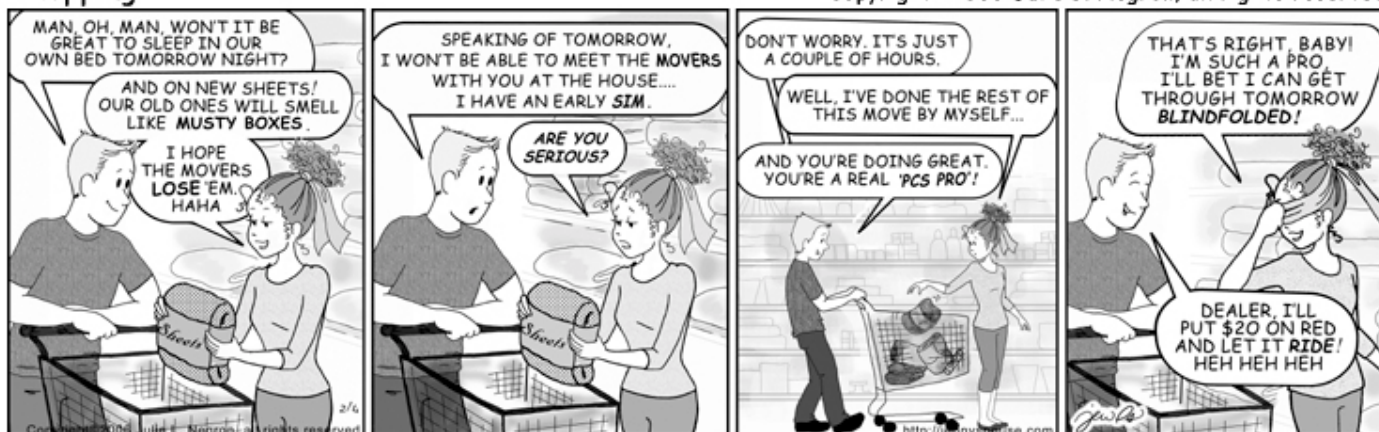
Ask Ed

Have a question about the island or Portuguese culture? E-mail eduardo.lima@lajes.af.mil or call 535-3413 to have your questions answered and published.

Jenny, the military spouse

Shopping

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Biscoitos wine fest Saturday

This year, the wine festival will take place Saturday in the village of Biscoitos.

The festival kicks off at 2:30 p.m. with a parade between the Wine Museum located at Canada do Caldeiro in Biscoitos and the vineyards located next to the seafont, where participants will be invited to help with the picking of the grapes.

Following that, the parade heads back to the wine museum where participants can crush the grapes with their bare feet inside a tank in the traditional way it used to be done many years ago. Visitors will also have the opportunity to taste the new wine juice that flows from the wine presses.

Members of a local folklore group dressed with traditional costumes will also participate in these events and perform throughout the afternoon. The wine festival is open to everybody who wishes to participate or watch.



Leg trio

Cub Scouts from Pack 1605 take their shot at a three-legged race during the local Cub Scout Pack 1605's sport's day. Twenty-five local scouts participated and competed in several events, including a 50-yard dash, free-throw contest, three-legged race, water-balloon toss, football toss, egg relay and wheelbarrow race. The day ended with a tug-of-war contest which pitted the youngsters against several den leaders. The event was an opportunity for the scouts to learn about physical fitness, team work and sportsmanship. Boys in grades one through five are eligible to join cub scouts. If interested, e-mail scoutpack1605@yahoo.com. (Photo by Master Sgt. Chris Phillips)

At the Movies



Today: 7 p.m. - You, Me and Dupree starring Owen Wilson, Kate Hudson

Carl and Molly Peterson are just starting their new life together—complete with a cute house, boring neighbors, stable jobs and the routines of newlywed existence. There's just one unfortunate hitch in their perfectly constructed new world. And his name's Dupree. Randy Dupree, Carl's oldest friend and perpetual bachelor, has found himself with nowhere to go after being fired. Rated PG-13 (sexual



content, nudity, crude humor, language, drug reference) 108 min



10 p.m. - Little Man starring Shawn Wayans, Marlon Wayans

Darryl Edwards is so eager to become a father that he mistakes a short, baby-faced thief on the lam for an abandoned toddler.

He and his wife take the "baby" into their home while the thief's partner tries to help him recover a stolen

diamond. Rated PG-13 (crude/sexual humor, language, drug References) 92 min



Saturday: 3 p.m. - You, Me and Dupree
Saturday: 7 p.m. - Little Man
Sunday: 2 p.m. - Little Man;
Sunday: 7 p.m. - You, Me and Dupree
Thursday: 7 p.m. - You, Me and Dupree

Next week: Monster House, My Super Ex-Girlfriend, Clerks 2

Lajes runner to compete in AF marathon

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

One Lajes runner will compete in the Air Force Marathon.

Tech. Sgt. Les Neipert, 65th Operations Support Squadron was selected for the USAFE marathon team. The team will compete in the Air Force Marathon Sept. 17 at Wright-Patterson Air Force Base, Ohio.

"This is proud bull news," said Lt. Col. Roger Wagner, 65th Operations Support Squadron commander.

The marathon will be Neipert's tenth.

"I actually prefer triathlons," he said. "Running is just part of the training."

On an average, he runs roughly 30-35 miles each week, and not every day, he said. "Also, I do not run for distance, but for time," he added.

In High School, he played football and wrestled. In fact, he didn't start distance running until after he joined the Air Force and was assigned to his first base.



Les Neipert, 65th Operations Support Squadron is training for the Air Force Marathon Sept. 17. He was selected for the USAFE team. (Photo by Guido Melo)

His marathon time is 2:20 while he runs the 5K in 17 minutes 20 seconds and the 10K in 36 minutes 35 seconds.

His training for the marathon consists of swimming, cycling and running.

"My shortest workout during the week lasts 1 hour and 15 minutes, with my longest being more than 3 hours long," he said. "One day I might run for slightly more than an hour, followed by a steady, easy spin 1-hour bike ride," he explained. "Another day might start with 2000 meter swim followed by a 45-minute run, with no break in between."

Neipert said his training is based on his heart rate.

"People feel that training means putting in the mileage which is a total misconception," he said. "Train by time, and do not worry about the mileage," suggests Neipert. "When you train, train smart — learn your body, your heart rate, what foods to eat and not to eat, when to hydrate and when to give your body rest."

"Anyone can run a marathon, or do a triathlon, if they just train smart."

Sports Shorts

Half marathon

Praia City Hall will host a half marathon (22 Kilometers) between the town of Biscoitos and the City of Praia da Vitoria on Oct. 5. Individuals interested in participating in this event need to contact Senhor Nelson Coelho at 968-797-964, fax # 295-512-133 or e-mail nelson.coelho@cmpv.pt by Sept. 5.

2006 USAFE Body Building Championship & Fitness Expo

2006 USAFE Body Building Championship & Fitness Expo will take place at Darmstadt, Germany Cambrai-Fritsch Kaserne Fitness Center, Bldg T-4017 from Oct. 14-15.

Oct. 14

10 a.m. – 1 p.m.: Fitness Expo

1: p.m.: Strong Man Competition

Oct. 15

* Events held at Darmstadt: Movie Theater, Bldg T-4021

8 a.m. – 10:45 a.m.: Weigh-ins and Registration

11 a.m.: Prejudging

5 p.m.: Men and women bodybuilding championship and women's figure competition

Events are free to the public.

The bodybuilding championship is a sanctioned event (pro-qualifier) by the International Natural Bodybuilding Federation.

Participants pay a \$35 sanctioned fee in the championship and figure competition.

For more information, call DSN 348-7441 or visit www.mwr-europe.com.

Group Fitness Class

Monday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Aero Kombat with Celia

5:30 p.m. -- Judo Bldg. T-203

6:15 p.m. -- Spin with Celia

Tuesday

6 a.m. -- Spin with Rui

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Circuit Training with Rui

6:15 p.m. -- Spin with Rui

Wednesday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Manuela

6:15 p.m. -- Spin with Georgina

Thursday

6 a.m. -- Spin with Rui

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Body Sculpting with Manuela

5:30 p.m. -- Judo Bldg. T-203

6:15 p.m. -- Spin with Manuela

Friday

8:30 a.m. -- Spin with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Celia

6:15 p.m. -- Spin with Celia

Saturday

10 a.m. -- Spin with Celia

11 a.m. -- Circuit Training/Stretching with Rui



PLANNER



Hours of operation

Ocean Front BX (Bldg. T-207) Phone: 535-3444

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m.; and Sunday 10 a.m. to 8 p.m.

Flight View BX (Bldg. T-627) Phone: 535-5236

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m., Sunday 10 a.m. to 5 p.m.

Shoppette (Bldg. T-323) Phone: 535-3280

Monday-Friday 7:30 a.m. to 11 p.m.; Saturday 9 a.m. to 11 p.m. and Sunday noon to 8 p.m.

Military Clothing Sales Store (Bldg. T-627)

Phone: 535-3816

Tuesday - Saturday 10 a.m. to 6 p.m.

Car Care Center (Bldg. T-320) Phone: 535-5125

Sunday 10 a.m. to 5 p.m.; Monday-Saturday 10 a.m. to 6 p.m.

Furniture Store (Bldg. T-800)

Wednesday-Friday noon to 5 p.m.; Saturday 10 a.m. to 5 p.m.

Reel Time Theater (Bldg. T-300) Phone: 535-4100

Showings Thursday-Sunday

Beauty Shop (Bldg. T-400) (Walk-In Available) Phone: 535-4124

Tuesday-Saturday 10 a.m. to 6 p.m.

Barber Shop (Bldg. T-

400) Phone: 535-3396

Tuesday-Friday 9:30 a.m. to 6 p.m.; Saturday 8:30 a.m. to 5 p.m.

New Car Sales (Bldg. T-202) Phone: 535-3173

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Friday noon to 8 p.m.

Air Terminal Gift Shop (Bldg. T-612) Phone: 535-3227

AAFES Administrative Offices (Bldg. T-800) Phone: 535-3209

Monday-Friday 8 a.m. to 5 p.m.

Ilha Rent-a-Car (Bldg. T-207) Phone: 535-1278

Monday-Saturday 9 a.m. to 6 p.m.

Frank's Franks (Bldg. T-207) Phone: 535-1123

Monday-Sunday 11 a.m.

to 6 p.m.

Vescovi Coffee Shop (Bldg. T-207) Phone: 535-1123

Monday-Sunday 7 a.m. to 6 p.m.

Burger King (Bldg. T-169) Phone: 535-3849

Monday-Thursday 7 a.m. to 9 p.m.; Friday-Saturday 7 a.m. to 11 p.m.; and Sunday 8 a.m. to 9 p.m.

Holiday schedule:

AAFES Ocean View BX and Flight View BX are closed on Portuguese Holidays.. The shoppette, will open from noon to 8 p.m., and Burger King and the MCSS will be open from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.

AAFES hosts pet show Sept. 9 at Flight View BX

By Monica Lee
Army and Air Force Exchange Service

AAFES will hold their annual pet show at the Flight View BX Sept. 9.

Sparky the Fire Dog will kick off the festivities at 1 p.m.

Registration for all competition categories will begin at 1:30 p.m.

The categories for biggest dog (show time 2 p.m.), smallest dog (show time 2:15 p.m.) best trick (show time 2:30 p.m.), best costume (show time 2:45 p.m.) and best groomed (show time 3 p.m.) will be awarded 1st, 2nd and 3rd place prizes.

The award presentation will begin at 3:30 p.m.

AAFES appreciates the support of various organizations partnering with them for this event.

The Red Cross will join AAFES to provide Pet Safety Packages, the Atlantic Kennels and groomer will be on hand to share information regarding their services, and a representative from the veterinary clinic will be available to answer all pet health questions.

AAFES concessionaire, Irislab, will be provide photo packages with pets and Sparky the Fire Dog.

There will be discounts on various pet food and supplies to pamper pets. Test your taste buds with the grilled food combos.

"Our AAFES team has pulled out all



the stops for this community event. The numerous events and activities are sure to please," said Stephanie Burns, Lajes Exchange general manager.

Bring your best friend and pet to a day of fun.

Firefighter's Association Burger And Bratwurst Burn

The Firefighter's Association will host a burger burn on Wednesday at T-717 (Fire Dept.) from 11 a.m. to 2 p.m. To raise money for Fire Prevention Week

\$4 a plate which includes chips and soda or \$3 for just a burger or brat

For more information, contact 535-5166 or Staff Sgt. Brian Tonnancour at brian.tonnancour@lajes.af.mil or Staff Sgt. J.R. Mullis at james.mullis@lajes.af.mil.

Please call or e-mail in advance for large orders.



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Note: If trying to reach POCs off base, dial 295-57-XXXX (last four digits of the number listed).

In the Community

Street bullfights: **Saturday:** 6 p.m. Road behind CE compound; 6 p.m. Ladeira Grande; 6 p.m. Santa Barbara; **Monday:** 6 p.m. São Bartolomeu; **Wednesday:** 6:30 p.m. Santa Luzia; **Thursday:** 6 p.m. Ribeira Seca; and 6:30 p.m. Santa Luzia

Road closure: The military road's section between the Praia military port and the South Tank Farm's entrance will be closed to traffic between 8 a.m. and 11 a.m. Saturday due to a car rally race that will take place on that day.

Angra Rock Festival 2006: **Today:** 9:30 p.m. – Anomally (local rock band); 10:30 p.m. – Stream (local rock band); Midnight – Ramp (Portuguese heavy metal band); **Saturday:** 9:30 p.m. – ADM (rock band from São Miguel); 10:30 p.m. – Pluto (rock band from mainland Portugal); Midnight – Deep Insight (Finnish Rock Band); **Sunday:** 9:30 p.m. – Othello (local rock band); 10:30 p.m. – E. Soul (rock band from mainland Portugal); Midnight – Liquido (German rock band)

For more information, visit www.angrarock.com.

Miscellaneous

AAFES/DeCA Advisory Council: A BX and commissary advisory council meeting is scheduled for 2 p.m. Sept. 6, in the Wing Conference Room. The meeting is open to anyone who wants to attend. This is an excellent forum to exchange views and solicit feedback with these two great service agencies first hand. For more information, call *Monica Lee* at 535-3209

Alcoholics Anonymous: AA meetings take place 8:30 p.m. Tuesdays in the basement of the base chapel (T-305). This is an English speaking meeting. For more information, call 295-513-297

An Al-Anon meeting takes place at the Azorean Baptist Church at 7 p.m. Thursday evenings. Al-Anon is a support group for friends and family

of alcoholics. These meetings can be attended if the alcoholic in your life is still drinking or not. This is an English speaking meeting. For information or directions call 295-549-731.

Scout pool party: There will be a free pool party for all registered scouts, (Boy Scouts, Cub Scouts and Girl Scouts), from 6:15 to 8:15 p.m. Sunday Sept. 10. All registered scouts and their families are invited. Anyone interested in joining scouts may stop by the pool as well.

Air Force Ball: The AF Ball, sponsored by the Air Force Sergeants Association Chapter #270, will be 6:30 p.m. Sept. 16 in the TORC Ballroom. First sergeants will be the point of contact for ticket sales. Prices are: \$14 for E1-E4, \$17 for E5-E6, \$20 for E7 and above. Menu choices are: grilled salmon or chicken and brisket combo plate, or vegetarian plate.

Education

American Red Cross classes: A babysitters course is scheduled for noon to 6 p.m. Sept. 6, in Bldg. T-714, second floor conference room. Cost is \$25. After Sept. 29, the ARC will no longer have an active station here at Lajes. This may be the last time this class will be offered here. To sign up or for more details, call the ARC staff at 535-3516.

Tobacco Cessation Class: The next Tobacco Cessation Class will begin on Sept. 12 from 12 to 1 p.m. at the Health and Wellness Center. For more information and to sign-up, For more information, call Staff Sgt. Jerry Thompson at 535-3889.

Central Texas College: Central Texas College offers essential career training and an opportunity to earn a college degree or certificate in a variety of vocational/technical fields, including early childhood education, criminal justice and food services management.

Free Portuguese Class: Learn the host Nation Language. Call now to reserve a seat for the upcoming conver-

sational Portuguese class sponsored by the Lajes Advancement and Career Center. Classes begin Sept. 5 and meet, Monday through Friday from 11 a.m. to noon for four weeks. For more information or to reserve your seat, call 535-3355.

Jobs/Volunteer

CTC Substitute Local Program Manager: Central Texas College is seeking a Substitute Local Program Manager. An associate degree with a background in marketing and customer service is required. Contact Anneke Cerri at 535-6722 or Anneke.cerri@lajes.af.mil for more information.

UFT Selection Board: The next Undergraduate Flying Training Selection Board will convene at The Air Force Personnel Center Jan. 7. This Selection Board will review active-duty applications for selection to pilot, CSO, and Air Battle Manager Training. Those officers with a date of birth after April 1, 1977, who meet all other eligibility criteria, will be eligible to apply for UFT. Applicants must send the completed application, postmarked by Nov. 27 To HQ AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB TX 78150-4733. Applicants are responsible to advise commanders/supervisors providing AF IMT 215 comments of the application deadline. Applications with incomplete or missing data may not be processed. All applicants need to complete the Air Force Officer Qualification Test. Pilot applicants must complete the test of basic aviation skills. For information on application procedures, See AFI 36-2205.

Chapel

September chapel events: Catholic youth of the chapel kick off party: 6 p.m. Sept. 1 at the chapel; Can Food Drive at Mass: 10:30 a.m. Sept. 3 at the chapel; Women's Bible Study in Spanish Starts: 9:30 a.m. Sept. 6 at the chapel; Protestant Com-

bined Teacher Training: 7 p.m. Sept. 5 at the chapel; CCD Starts: 9 a.m. Sept. 10 at the chapel; Sunday School Starts: 10:30 p.m. Sept. 10 at the chapel; Protestant Women of the chapel monthly fellowship: 7 p.m. Sept. 11 at the chapel; AWANA Registration for ages 3 through grade 12: 6 p.m. Sept. 12 at the chapel; CWOC Rosary prayer followed by dinner: 6 p.m. Sept. 13 at the chapel; New Creation Café: 7 p.m. Sept. 15 at Eddies Place; Men's Spiritual Leadership Training/Breakfast: 8 a.m. Sept. 16 at the chapel; AWANA Starts: 6 p.m. Sept. 19 at the chapel; Children and Youth Movie Night: 6 p.m. Sept. 22 at the chapel. For more information on chapel events at 535-4211.

Classified Ads

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: 1988 Renault 21 White, 4dr, 5-speed, power windows, power locks, new transmission, new windshield, new tires, good condition, Inspection good until Aug 07. \$1500 Contact Wayne at 963-437-194

For sale: African-American Art Print for sale by the famous artist Annie Lee. The print is called Holy Ghost. The print is new, unframed and still in the mailing tube. Asking price \$50, firm. Call Kowana 295-549-250.

For sale the Limousine of Island Bombs: 1988 Lincoln Town Car Signature Series: Automatic, 90,000+ miles, working AC, CD player, new springs and shocks, transmission filter. I have a new muffler and pipes that I haven't put on. Transmission needs work. Make me an offer. Call 968-713-450

For sale: BMW 525i 1994 in excellent condition. \$5,500 OBO. Contact charles.mcgee@lajes.af.mil.

For sale: 2005 Toyota Camry LE, automatic, black exterior, 4-cyl VVT-i engine, only 10.5k miles, remote entry/alarm, power locks/windows, AM/FM/CD, factory tint, spoiler, dealer maintained (even on island), factory warranty. \$18,500. Call 295-549-609 or email troyandieddie@gmail.com.

House for rent: Beautiful two-story newer home in Porto Martins available mid-late September. Gorgeous view and walking distance to swimming hole. Light colored tile throughout. Can be three bedrooms and two baths or a master suite upstairs with another bedroom downstairs. Perfect for roommates too. Living room and dining room each have french doors to front patio and view. Large downstairs bath has Jacuzzi tub. Rent is 1350 euro. For details or to see, call 295-516-031 or 535-3347.

Mark your calendar: Yard sale Sept. 9 in Porto Martins. Teen clothes, Toddler 12-24 month boys clothes and shoes, infant and toddler toys, playpen, bicycles, miscellaneous household items and more. Don't miss. Corner of Caminho do Recanto and main road in Porto Martins.